
Quinoa Dosa with Veggie Filling

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Dosa:

- 2 cups white rice (not cooked)
- 1 cup white quinoa (not cooked)
- 1 cup lentils (without skin)

Green Chili Sauce:

- 50g long green chili, chopped
- 2 cloves garlic
- 50ml olive oil
- 1 tablespoon fresh parsley
- 1 tablespoon cilantro
- 1 tablespoon lemon juice or to taste
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon salt or to taste

Vegetable Filling:

- 1 large potato
- 1 medium sweet potato
- 1 cup butternut squash, diced large

-
- 1 cup cauliflower
 - 2 cups water
 - 1 1/2 teaspoons salt
 - 85ml olive oil
 - 1 teaspoon mustard seeds
 - 150g red onion, sliced thinly
 - 1-2 tablespoon long green chili, seeded
 - 1 tablespoon fresh ginger
 - 2 garlic cloves, minced
 - 1/2 teaspoon turmeric powder
 - 2 tablespoon desiccated coconut
 - 2 tablespoon roasted cashew nuts, coarsely chopped

Instructions:

To make the dosa:

1. Wash the rice, quinoa and lentils and then place in a large bowl and pour over enough water to cover the ingredients by about 1 inch. Cover and set aside for 6-8 hours.
 2. Drain the ingredients and then add to a blender with just enough water to help it blend. You want it to the consistency of thick pancake batter. Add salt to your liking, then place in a bowl and cover again and leave it for 10-12 hours to ferment.
 3. Heat a large frying pan or tawa on medium heat, add a little oil followed by a splash of water, and then wipe clean. Spread a ladle full of the batter all over to make a thin crepe, and wait until it browns on the bottom before flipping to finish off the other side.
-

4. Repeat the process with the remaining batter.

5. Enjoy plain or with a dip. Otherwise fill each dosa with a generous amount of the vegetable filling below and wrap. Serve with the green chili sauce on the side.

To make the sauce:

1. Place all the chili sauce ingredients in a blender and blend until smooth.

To make the filling:

1. Peel the potato, sweet potato and butternut and cut them into 1 inch dice, and chop the cauliflower into florets the same size as the potato.

2. Boil them together in a sauce pan with measured water and salt, cover and simmer for about 20 minutes until no water is left in the pan.

3. By now the vegetables will be soft, and you can smash them roughly with the back of a ladle or large spoon.

4. Heat another pan over medium and add the olive oil. Once it's hot add the mustard seeds and wait until it crackles, then add the sliced red onion and sauté till translucent.

5. Next add the ginger, garlic and green chili and sauté them for about 2 minutes. Add the turmeric and mix for 30 seconds.

6. Now add the cooked and smashed vegetables along with desiccated coconut and cashews, cook for another 2-3 minutes. Taste and adjust the seasoning if you need.